

HIKES AND WALKS GUIDE



**Matheysine**
résor des Alpes

RECOMMENDATIONS

Mountains are a fragile and often unpredictable environment. For your safety:

1. NEVER GO ON HIKES OR WALKS ALONE

Notify your friends and family of your route and estimated time of return ; in case of emergency, call 112 !

2. BE PREPARED WITH THE RIGHT EQUIPMENT

Prepare good walking shoes, a hat, sunscreen, warm clothes and a change of clothes (windproof jacket, a warm top, a warm hat, etc.), food and water.

3. CHECK THE WEATHER FORECAST

Check the weather forecast and pack IGN maps or maps for the «Balades et randonnées en Isère» collection covering your entire route ; only go if the weather allows !

4. PRESERVE THE ENVIRONMENT

To ensure environment preservation, close the gates of agricultural fences and hold your dogs on a leash, do not pick flowers, and bring back your waste with you.

For further information

**La Mure
Tourist Information Office**

+33 (0) 4 76 81 05 71

**Alpe du Grand Serre
Tourist Office**

+33 (0) 4 76 56 24 72

Corps Tourist Office

+33 (0) 4 76 30 03 85

**Les Ecrins – Entraigues Park
Tourist Office**

+33 (0) 4 76 30 20 61

www.matheysine-tourisme.com

PDIPR trail markings legend



Right way



Wrong way



Turn right



Turn left

Welcome in Matheysine, the land of a thousand treasures !

In this mosaic of landscapes and mountains, hundreds of kilometres of marked trails will guide you to the discovery of summits, lakes and waterfalls, with exceptional views.

In this guide, we selected hikes for the whole family, representing the diversity of our mountains, our landscapes and our culture. These walks are classified by themes, in order to facilitate selection, and in order to respond to your likes.

You will also find a few suggestions of more difficult hikes, but these will require that you take IGN maps or trail maps with you which you will find for sale in our tourist offices.

Put on your shoes and enjoy the walks !



FORESTS

page 6 to 12



LAKES AND WATERFALLS

page 14 to 20



SUMMITS AND POINTS OF VIEW

page 21 to 26



HERITAGE

page 28 to 31



FOR THE MORE ATHLETIC AMONG US

page 32 to 35



L'Olan
3564 m

CHAMPSAUR - VALGAUDEMAR

Gap



8 28

Valjouffrey

Le Gargas
2128 m

La Salette
Falavaux

Beaufin

Corps

S^{te} Luce

Valbonnais

Pointe de l'Armet
2724 m

Entraigues

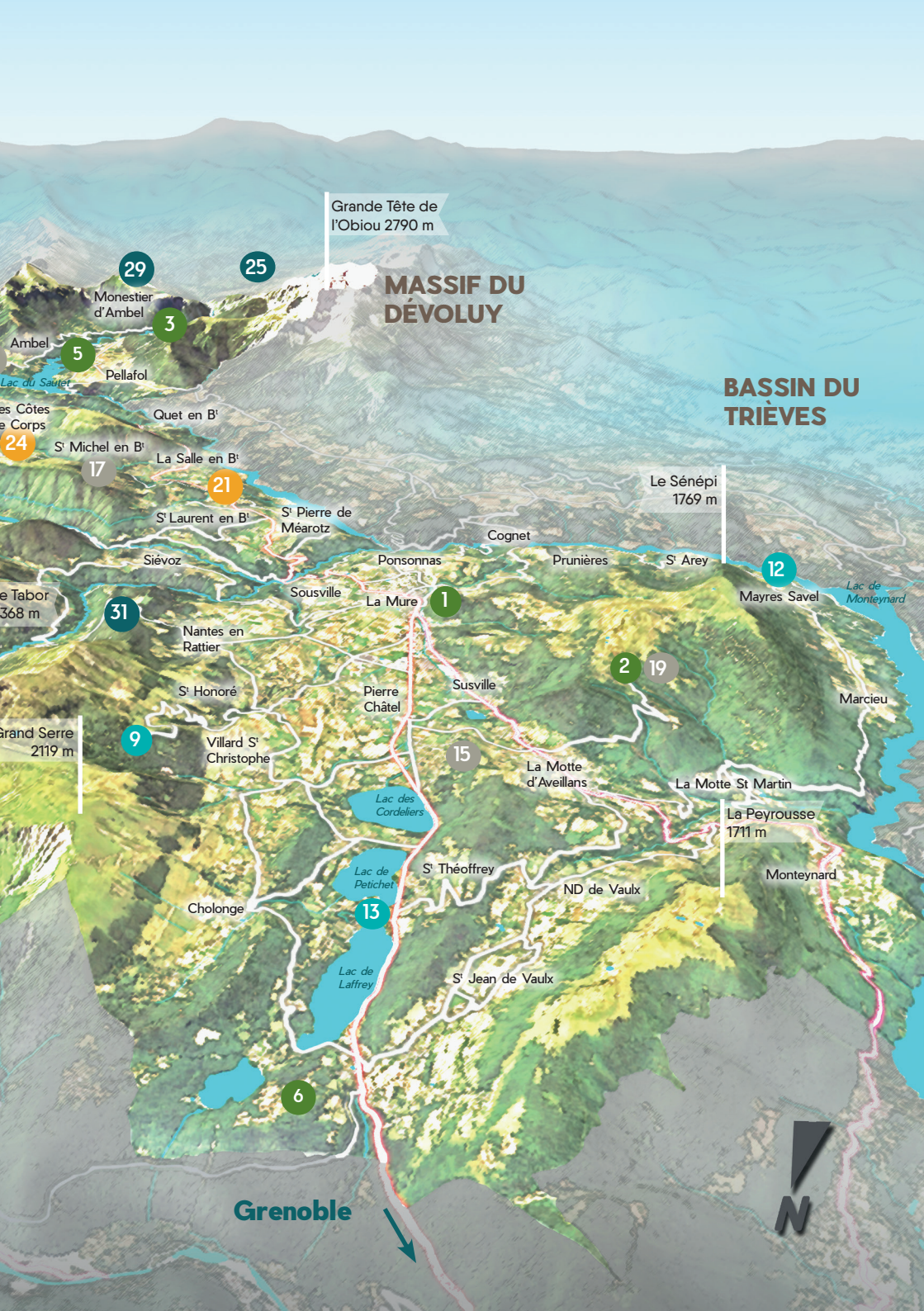
Chantepérier

Taillefer
2833 m

Lavaldens

La Morte

VALLÉE DE LA ROMANCHE



Grande Tête de
l'Obiou 2790 m

MASSIF DU DÉVOLUY

BASSIN DU TRIÈVES

Le Sénépi
1769 m

e Tabor
368 m

Grand Serre
2119 m

Marcieu

La Motte St Martin

La Peyrouse
1711 m

Monteynard

Grenoble










LE PARADIS



This pasture overlooking La Mure offers one the luxury of relaxing in a green space whilst enjoying the nearby mountains of Obiou, the Valbonnais and the Valgaudemar massifs.

From *La Mure-La Gare*, follow *Le Paradis*, via *Prairie de Beauregard*. Return by the same route or by *Roberton*, *Le Somme*, *Prunières*, *La Méharie*, *sous Péchaud*, *La Mure-Hôtel de ville* and *La Gare*.

-  Start :
La Mure - La Gare
-  Altitude Climb + : 240 m
-  Outward walk : 45min
-  Difficulty : easy
-  Map: Top 25 IGN 3336OT
La Mure Valbonnais,
Trail map :
«La Matheysine»

A typical picnic site for the people of the Matheysine, Beauregard offers beautiful views over the surroundings of La Mure. Le Paradis used to be the location of the big village celebrations at the end of the harvests : the raves.



© La Mure

THE ARBORETUM OF COMBE NOIRE

A walk in the forest, where one can discover the various tree species. This arboretum was established thanks to the collaboration of school children and disabled children.



From *Les Signaraux*, follow *Arborétum de Combe Noire* via *Sert Leycons* and return via the same route.



Start :
Les Signaraux



Altitude climb + : 150 m



Loop : 1h45



Difficulty : very easy



Map : Top 25 IGN 3336
OT La Mure Valbonnais,
Trail map :
«La Matheysine»

Several routes are suggested,
accessible to strollers and
wheelchairs.



© C. Druart

THE FOREST OF GILLARDES & THE CANYON OF THE INFERNET



A family walk in the footsteps of Plic and Ploc, along the «La Souloise» River, up to the mysterious Sources of the Gillardes.

A refreshing and inspiring walk for the children to discover the 2nd most important groundwater emergence in France after the Fountain of Vaucluse, dominated by high limestone cliffs. All along the path, educational panels provide information on the fauna, the flora and the geology of the site.

From the car park of the Gillardes, follow the «Plic et Ploc» discovery route (specific marks) with two possible loops, starting when you cross the bridge and follow the river. A metal bridge takes you to the opposite side of the river. The short loop comes back on the left towards the Gillardes ; the long loop takes you up to the right, through a path lined with fir trees, joining with a new track taking you to the Canyon of the Infernet.



Start :
Pellafol



Altitude climb + : 200 m



Loop : 1h30 à 2h30



Difficulty : easy



Map : Top 25 IGN 3337OT
Dévoluy,
Trail map :
«La Matheysine»



© JP Ameller

THE FOREST OF THE ROUDONS

This hike allows you to discover the colossal works done by men to curb land erosion in mountain areas.

4

While this hike takes you to the largest alder forest in Europe, it first and foremost crystallises men's fight against erosion, with embankments and dams built to protect against flooding. It also crosses a forest with various tree species (larch, pine trees and spruces), the result of a sustained effort over a number of years by forestry workers to retain the soil since the end of the 19th century.

From *Col d'Ornon*, follow the signposts *Cabanes des Roudons*, via *Entrée du Col*, *Le Vernay*, *Bois du Vernay*, *Les Palles* and *Les Roudons*. At *Les Roudons*, you have the option to go all the way to the cabin (please respect the place), or take the return path by following *Les Adreys*, *Le Crozet*, *Côte Plane*. Then follow *Col d'Ornon*, via *Les Siauds*, *Les Suffets*, *Le Pied du Vernay*, *Le Vernay* and *Entrée du Col*.

Start :
Chantelouve (col d'Ornon)

Altitude climb + : 500 m

Loop : 2h40

Difficulty : medium

Map : Top 25 IGN
3336ETR Les 2 Alpes,
Trail map :
«La Matheysine»

Please avoid this area in case of heavy rains as major soil erosion occurs.



© C. Druart

THE GEOLOGICAL REMAINS OF THE OLD PELLAFOL

5

A geological walk to the discovery of erosive phenomena digging into the mountain and creating the Demoiselles Coiffées.

This path to the discovery of Land Restauration in Mountain Areas (RMT, *Restauration des Terrains en Montagne*) draws you into the world of rocks, erosion digging into the cliffs and giving birth to fairy chimneys, protection and reforestation efforts implemented to limit these phenomena. It also offers panoramic views over the Lake of Sautet.

From the hamlet of *Payas*, follow *Monestier d'Ambel* until the Oratory, then follow *Vieux Pellafol*. From there, follow the discovery path via *Marché Vieux*, *Ruines des Chanaux*, *Le Cros du Chaix*. Proceed towards *La Croix des Chanaux*, *Les Chanaux*, *Les Casses*, *Les Serres* to eventually return to *Payas*.

Start :
Pellafol (Les Payas)

Altitude climb + : 140 m

Loop : 2h00

Difficulty : easy

Map: Top 25 IGN 3337OT
Dévoluy
Trail map
« La Matheysine »



© F. Pattou

AROUND LAKE MORT

On the northern end of the Matheysin Plateau, this loop offers unusual points of view over Grenoble and the surrounding massifs.

6

This family and shady loop around a largely overlooked lake offers original views over the city of Grenoble and the massifs of Chartreuse and Belledonne. The route goes along the old blue limestone quarries of Laffrey, used for the construction of a number of infrastructure projects in the area. This is an ideal picnic location ! The numerous clumps of boxwood exude a mysterious atmosphere on this section of the walk.

From *Laffrey Plage*, follow *Col du Fond des Sciaux*, through *Pivodière* and *Aux Allards*. At the *Les Bigeards* junction, follow *Ferme du Lac Mort*, then *Laffrey*, via *La Fretta*, *Les Tibanès* and *Le Mollard*. From there, carry on via *La Croix du Mollard*, then *Les Effores*, *Le Luitet*, *Les Carrières* and *La Condamine*. From there, go the *Le Pey* then *Laffrey Village*. Take the national road on the left, then the road in the direction of *Laffrey Plage*.

Start :
Laffrey Plage

Altitude climb + : 200 m

Loop : 2h30

Difficulty : medium

Map: Top 25 IGN 3336OT
La Mure Valbonnais
Trail map
« La Matheysine »



PERAGÜE


7

A nice walk hillside south in the shadow of the forest, a beautiful panorama on Corps, the lake of the Sautet, La Salette and the valley of the Drac.

Vanuit de parking loopt u in de richting van Peragüe langs “Les jardins” de RN85 tot aan het riviertje La Salette. Hier neemt u het pad dat zich aan de overkant bevindt en loop nu verder langs: *le Ruisseau, les Raviolles* tot op de bergtop.

De afdaling verloopt langs Saint Julien onder “la Crête de Peraguë” (1494m) vervolg langs: *l'école de Saint Julien, les Raviolles* tot in Corps.

 Start: parking Prayer Corps

 Altitude climb +: 560m

 Loop : 2 uur 30

 Difficulty : medium

 Kaart: Top 25 IGN 3337OT
Dévoluy
Carto-guide
« La Matheysine »





© JP. Nicollet

THE WATERFALL OF LA PISSE AND THE LOOKOUT OF BASSE PISSE

8

This family trail allows you to safely enjoy the wild high mountain and feel the power of the elements.

In the heart of the Ecrins National Park, go up the high valley of La Bonne. After crossing the village and pastures lined with rockeries, you will discover wild waterfalls along your path. The valley is U-shaped, characteristic of landscapes shaped by glaciers. At the waterfall of la Pisse, which is 80m high, you can enjoy the site or climb higher to discover the mineral granite landscape at the cabin of La Pisse, with views over the Olan and the narrow valley of Font Turbat.

Start from the car park located at the entrance of *Désert-en-Valjouffrey*. Cross the village, following *Font Turbat*. Cross the GR 54 by crossing over the *La Laisse* River on the wood bridge. Take the large path in the pasture along *La Bonne*. Walk past the waterfall of *La Pisse*, crossing the *La Pisse* Torrent. From there, carry on until a signpost indicating *Basse Pisse* to the left. The path takes you through a recolonised scree, then woods before reaching a ruin in an old meadow. Return by the same route.



Start :
Le Désert-en-Valjouffrey



Altitude climb+: 270 à 500m



Outward walk : 1h30 à 2h



Difficulty : easy to difficult



Map: Top 25 IGN 3336ETR
Les 2 Alpes

Trail map
« La Matheysine »

In summer, the very sunny path can be especially hot for children. Take sunscreen, a hat and water with you !



© C. Girard

LAKE CHARLET

Nestling in the rocks of Tabor, this small mountain lake promises an Alpine atmosphere with an easy and accessible route.



On the West slope of Tabor mountain, the summit overlooking the Matheysin Plateau, this small mountain lake reflects the eroded slopes of the Perollier and is home to thousands of tadpoles. You will cross various landscapes: a climb in the fields and spruce forests, then a rockier path, to eventually arrive on the small humid and welcoming Plateau of Oulière.

From *Saint-Honoré 1500*, follow *Lac Charlet* on the path ascending in the fields, then in the forest until *Aux Aliziers*. The path then comes out of the vegetation and you go through the slopes of the Banc and the Tabor mountains. A small plateau and you discover *Lac Charlet*, culminating at 1920 m. Return by the same route.

-  Start :
Saint-Honoré 1500
-  Altitude climb + : 400 m
-  Climb : 1h15
-  Difficulty : medium
-  Map: Top 25 IGN 3336OT
La Mure Valbonnais
Trail map
« La Matheysine »

Going further : you can go higher, via a rockier path, up to the Tabor summit, offering amazing views over the surrounding massifs and the string of lakes of the Matheysin Plateau.








© C. Girard

LAKE FOURCHU

10 A classic hike for people living in Grenoble, where the large grassy meadows of the plateau and their multitude of lakes stand alongside the rocky summits.

This family hike takes you on a discovery of the Plateau of Taillefer and landscapes that remind us of the humid Scottish moors. By contrast, the landscape made up of the nearby Taillefer, the Rocher Culasson and the Grand Galbert, adds a rather «Alpine» touch to the wide spaces of the plateau, whilst in the distance, the eye meets the massif of Oisans.

From the car park of Poursollet, follow the GR 50 between the chalets and past the Bar du Taillefer. Keep on going up through the meadows then under the Culasson, leading to the Plateau of Taillefer. Follow the path to the left going slightly downhill to get to Lake Fourchu. Return by the same route.

 Start :
Alpe du Grand Serre
 Altitude climb + : 420 m
 Climb : 2h00
Goings and comings : 4h
 Difficulty : medium
 Map: Top 25 IGN
3335 OTR Grenoble/
Chamrousse/Belledonne
Trail map
« La Matheysine »

The plateau of Lake Fourchu is an immensely rich but fragile ecosystem. Please respect this sensitive ecosystem (NATURA 2000 classification) as well as private properties, by keeping to the marked trails.



THE TRAIL OF 3 LAKES TO THE POURSOLLET

This family walk takes you to the discovery of three small lakes hidden in the undergrowth: A forest atmosphere, cabin and bog.



This walk is a shady excursion in various environments (wetlands, bog, lake, moors and high plains) characterised by a rare biodiversity. With bogs that are home to a number of insects and amphibians, this area is exceptionally rich in the Alps.

Take the Poursollet road and park at the platform of Comboursière (stone memorial to the servicemen). When the road starts going down, take a well-marked path on the right. You will get to Lake Clarets in 15 minutes. Carry on, leaving the lake on your right hand-side. The path takes you through the forest before arriving at Lake Punay. Carry on along the bank of the lake; the path joins with and crosses the road of Poursollet. You then go through the undergrowth before arriving at Lake Poursollet. Return by the same route.

✚ Start :
Alpe du Grand Serre

⛶ Altitude climb + : 50 m

🕒 Climb : 45 min

📶 Difficulty : very easy

🗺 Map: Top 25 IGN 3336OT
La Mure Valbonnais
Trail map
« La Matheysine »

Please ensure that you remain on the trails, and avoid stamping on the fragile banks of the lakes. Respect nature, it deserves it !



© Matheysine Tourisme

THE FOOTBRIDGE OF THE DRAC RIVER

12 A hike with a sense of adventure, that will surely give you a rush, with bright colours, in the heart of a Mediterranean-like landscape.

This loop crosses the beach of Savel, on the banks of the Lake of Monteynard Avignonet, one of the best lakes in Europe for windsurfing. The path then runs in the pastures bordering the turquoise-blue curves of the lake to reach the vertiginous Himalayan footbridge of the Drac River. In the background, the foothills of the massif of Vercors are keeping watch.

From *Savel*, follow *Mayres Savel* via *La Chapelle*, *Le Pont*, *La Tourbe*, then downhill up to the *Passerelle du Drac*. Take the return bath following *Chardeau*. In *Chardeau*, follow the road to *Savel*, via *La Traverse*, *Les Mets*, *La Tourbe*, *Le Pont* and *La Chapelle*.

From *Chardeau*, you can go to *Mayres Savel* and its Romanesque church, classified as a historic monument.

Start :
Savel

Altitude climb + : 150 m

Loop : 2h00

Difficulty : easy

Map: Top 25 IGN 3336OT
La Mure Valbonnais
Trail map
« La Matheysine »

For a surprising hike, between earth and water, cross the lake in the morning on board the boat «La Mira», and walk along the South side of the lake via the footbridge of the Ebron River, and then via the footbridge of the Drac River.



AROUND THE LAKE OF PETICHET

This walk is an invitation to discover the open landscapes of the Matheysin Plateau, views over the lake with the green fields of the neighbouring hills.



Alternating between the banks of the lake and further lookout points, this walk, accessible to all, will give you a global view of the area and take you to the discovery of hidden parts of our heritage, such as the remains of the Roman Chapel of Saint-Théoffrey.

From *Saint-Théoffrey-Plage*, follow *Saint-Théoffrey – Les Berlioux*, via *Petichet*, *Le Pré Rond*, *Les Gonthéaumes* and *Touche et Bouis*. From *Berlioux*, follow *Les Théneaux* via *Serre de la Croix*, *Eglise Romane*, *Le Pré de l'Essart*, *La Croix des Théneaux* and *Moularet et Rapaille*. At the junction *Les Mollies*, return to *Saint-Théoffrey-Plage* via *Champ du Lac* and *La Fayolle*.

✚ Start :
Saint-Théoffrey-Plage

⛶ Altitude climb + : 150 m

🕒 Loop : 2h15

📶 Difficulty : medium

🗺 Map: Top 25 IGN 3336OT
La Mure Valbonnais
Trail map
« La Matheysine »



© JP Nicollet

AROUND THE LAKE OF VALBONNAIS



Walk across an open landscape of plains and vines, until one reaches the Lake of Valbonnais, which is a great place for a swim.

A walk which will take you to the discovery of the vines of the Valbonnais, undergoing a renaissance, the covered bridge of the Fayettes and its unusual architecture, lead you to a large lake with shallow water, quickly warmed up by the sun. On your way, you can discover the «minor» built heritage, the valley's typical hamlets, and on the way back, the remains of a castle mount dating back to the Middle-Ages.

From the school square, follow the GR 50 to your left following *Siguret, Péchal, Les Vignes de Leygat*. At the junction of *Les Vignes*, leave the GR and take the path towards *Pont des Fayettes*. From there, follow the road to the South to get to *Les Angelas*, then take to road towards *Les Saugniers, Les Verneys*. Then go to the *Pont des Verneys* up North. At the bridge, turn left on the path going to *Plan d'Eau*. At the *Plan d'Eau*, go up to get to the castle mount, towards *Le Roussillon*. Cross the departmental road, carrying on uphill. At *Le Roussillon*, follow *Siguret* along the canals to get back to the starting point.



Start :
Valbonnais



Altitude climb + : 200 m



Loop : 2h30



Difficulty : easy



Map: Top 25 IGN 3336 OT
La Mure Valbonnais
Trail map
« La Matheysine »



© P. David

PIERRE PERCÉE

The Pierre Percée is one of the seven wonders of the Dauphiné, the quiet keeper of the nearby massifs of the Connex and of the Senépi.

15

This short and easy walk on the Matheysin Plateau takes you to the Pierre Percée, a natural arch located at the top of the Creys hill. This triumphal arch is supposedly a crouching demon, petrified here by the devil after losing a bet with the Duke of Lesdiquières. From this lookout point, you can enjoy a magnificent view over the entire Matheysine!

From *Les Georges*, follow *La Pierre Percée* via *Roche Corbeyre* and *Serre de Lozier*. Return by the same route or by *the Plan de la Rivoire*.

Alternative route via Serre de la Vache

From *Les Georges*, follow *La Pierre Percée* via *La Grandraye*, *Les Taverdons* and *Le Serre de la Vache*. Return to *Georges* via *Serre de Lozier*. Add an extra 15 minutes' walk.

-  **Start :**
La Motte d'Aveillans
(Les Georges)
-  **Altitude Climb + :** 265 m
-  **Outward walk :** 1h00
-  **Difficulté :** facile
-  **Map:** Top 25 IGN 3336OT
La Mure Valbonnais
Trail map
« La Matheysine »



© C. Druart

THE PANORAMIC SUMMIT OF GARGAS

16

Between the Ecrins and Dévoluy massifs, steep landscapes surround at an angle of 360° and present an easy to access summit.

Overlooking the Sanctuary of Notre-Dame de la Salette, this hike on a path of historical pilgrimage offers an impressive circular panorama covering all the summits of the Dévoluy to the South, the cliffs of the Vercors to the West, the famous summits of the Ecrins massif to the East (Roche de la Muzelle, Pic d'Olan, Aiguille des Arias) and the massive figure of the Coiro and of the neighbouring summits.

From the big car park of the Sanctuary of Notre-Dame de La Salette, take the path that winds all the way to *Col de l'Eterpat*. From there, follow the crest line to get to the top of the Gargas mountain, culminating at 2,208m. Return via the same route.



Start :
Sanctuaire de Notre-
Dame de La Salette



Altitude climb + : 430 m



Climb : 4h00



Difficulty : medium



Map: Top 25 IGN 3336ETR
Les deux Alpes, Olan,
Muzelle
Trail map
« La Matheysine »



© JP Nicolle

THE CRESTS OF THE SCIAU

This is a loop that takes you, from green pastures to crest lines, to the discovery of beautiful views of the surrounding high mountains.



This loop, accessible to all, crosses the soft pasture landscapes to get to a crest line lined by scots pines, offering a 360° viewpoint at La Croix de la Roche. Views over the valley of the Valbonnais, the mountains of the Salette, the chain of the Dévoluy, the Obiou and the Matheysin Plateau are breathtaking.

From the car park *Le Soulier*, go up the forest track up to *Combe des Ailes*. From there, take the path of the Crests of the Sciau to the East towards *Les Grands Clos*, then towards the summit *La Croix de la Roche* (1493m). Carry on along the crests to get to Clos Ternaude. A tarred road takes you to *La Chèvre*, then *Le Cercle* and *La Ceintura*. From there, follow the path to *Le Soulier* to return, via *La Versanne*.

✚ Start :
Saint Laurent en
Beaumont (Le Soulier)
Altitude climb + : 300 m

🕒 Loop : 5h00

📶 Difficulty : medium

🗺 Map: Top 25 IGN 3336OT
La Mure Valbonnais
Trail map
« La Matheysine »



© OT AGS

LE PLAN COL

18

In a forest atmosphere, then in a preserved narrow valley at the foot of the Grand Armet, an outing to discover a well-preserved biodiversity.

Between the massifs of Taillefer and of the Armet, this hike up the pristine narrow valley of Vaunoire will allow you to observe the vertical zonation of the fauna and the flora (myrtles, deers, groundhogs and chamois). You will also discover the remains of the glacier of Grand Armet.

Start from the car park of *Vaunoire*. Follow the path to *Plan Col* to the East. After a progressive climb in the forest, you reach the stream of *Vaunoire* and cross it a first time over a footbridge. Keep on walking on the left bank (on the right going up) of the stream of *Vaunoire*. After going under *Cabane du Col*, ford the stream to start climbing up the winding path and cross the hillside to get to *Plan Col*.



Start :
Moulin Vieux



Altitude climb + : 660 m



Climb : 2h00



Difficulty : medium



Map: Top 25 IGN 3336OT
La Mure - Valbonnais
Trail map
« La Matheysine »



© M Bellino

THE SÉNÉPI

As the largest organised Alpine pasture in France, you will discover one of the most beautiful panoramas of Isère at the summit.

19

While in summer, the large pasture hosts over a thousand head of cattle, it also offers to the hikers an exceptional panorama at the crossroad of the massifs of the Southern Dauphiné. From the lookout point, we can almost touch the Obiou, surrounded by the Taillefer, the Mont Aiguille and the Olan... This green hike is very accessible.

From *Les Signaraux*, follow *Sert Leyçons* via a small path in the undergrowth along the road. Walk past the ski lift by following the path up to *Clarafin*. Keep on walking until the *Col du Sénépi* nestled in a very pretty narrow valley. From there, it is an easy walk then a steep climb on a twisting path up to the summit. To return, at the *Col du Sénépi*, follow *Grand Lau*, then *Les Signaraux* via *Les Treize Bises*, *Combe Noire*, *Arboretum*, *La Fila*.

Start :
La Motte d'Aveillans (Les
Signaraux)

Altitude climb + : 580 m

Loop : 5h00

Difficulty : difficulty

Map: Top 25 IGN 3336OT
La Mure Valbonnais
Trail map
« La Matheysine »



©J. Anger

THE GRAND JOURNAL



At the crossroad of the massifs, this summit overlooks the Lake of Sautet and offers magnificent views over the High Alps, the valley of Valgaudemar, the Obiou, the sanctuary of La Salette, etc...

Enter in the area of marmots and climb up a summit with the promise to find an amazing view...

Start : parking tennis of Corps on the road of the Sanctuary of Notre-Dame de la Salette.

From the parking, take the small road asphalted that rises. You will cross the yellow signs then a few metres away the path divides into two just below of a water intake (small cement house); follow the wood sign "Boustigue" and go up to the left. Go through *Les Roures*. Follow the path in the forest during 35 minutes approximately then go to *Les Vignes* and go on up to the summit (1861m).



Start : Corps
Car park of tennis courts



Altitude climb + : 950 m



Difficulty : medium



Climb : 3h00



Map: Top 25 IGN 3337OT
Dévoluy - Obiou - Pic de Bure
Carto-guide
« La Matheysine »





© C. Druart






THE DISCOVERY TRAIL OF THE CANAL OF BEAUMONT

21

A refreshing walk along an old but still well-alive canal, winding in the forest.

This bucolic walk in the undergrowth invites you to stroll along an almost 150 years old canal, a heritage jewel which still irrigates the Beaumont and the Valbonnais. On these thematic trails, you can discover everything about this structure, entertain the children or just enjoy the atmosphere.

Three thematic and educational trails are available to the hikers from St Laurent or La Salle. The shortest trail starts from St Laurent, with the «Ambiance» walk following a loop. From La Salle, for the children, follow the «Ludique» walk; for the adults, follow the «Connaissance» walk. To do all these trails, the ideal start is St Laurent, following La Salle en Beaumont along the canal until the end of the «Connaissance» walk. Go down to La Salle en Beaumont and follow the «Connaissance» walk to go up the canal and return to St Laurent via the outward trail.

-  **Start :**
St Laurent en Beaumont
ou La Salle en Beaumont
-  **Altitude climb + :** 100 m
-  **Outward walk :** 1h à 2h30
-  **Difficulty :** easy
-  **Map:** Top 25 IGN 3336OT
La Mure - Valbonnais
Trail map
« La Matheysine »

When there is water in the canal, you should remain very careful especially with children and dogs since the current can be quite strong in some places, even though the canal is not very deep. Underground passages increase this risk.



© Images et Rêves

THE WALK OF THE CROSS

This peaceful hike in the heart of the alpine pastures will take you to the Sanctuary of Notre-Dame de la Salette, a famous place of pilgrimage.

The loop starts crossing a forest with various tree species, then goes up in pastures hosting groundhogs, to culminate on the slopes of the Gargas (2 207m). At a turn of the trail, you will discover the impressive Basilica of Notre-Dame de la Salette, second most important pilgrimage location in France after Lourdes. The Walk of the Cross is marked by a dozen engraved rocks evoking the Passion. On the way down, you will discover the small hamlets disseminated in this very singular valley.

From *Col de Saint-Julien*, follow *Notre-Dame de la Salette*, via the *Col de l'Homme* (1 657m) and *La Grande Combe*. From the Sanctuary (1 780m), go down to *La Salette Fallavaux* and follow *Le Cimetière*, *Le Planeau*, *Perlonte*, *La Sagne*, *Secheline*. From *Secheline*, follow to road to *Les Condamines*, then *Les Ablandins* via *La Rune*. In *Les Ablandins*, return to the *Col de Saint-Julien*.



Start :
Col de Saint-Julien



Altitude climb + : 485 m



Loop : 4h00



Difficulty : medium



Map: Top 25 IGN 3336ETR
Les deux Alpes, Olan,
Muzelle
Trail map
« La Matheysine »



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THE OLD HAMLET OF RIF BRUYANT

23 This hike will take you to the heart of a narrow valley, unchanged for dozens of years, anchored in a landscape characterised by deep-rooted traditions.

Connected to the Valley of Roizonne by a «calade» path (a rough paving made of wedged rocks) the largely unknown valley of the Rif Bruyant holds unsuspected jewels discover the stone and gabled-roof houses of the old hamlets covered in slate. Strolling through the beautiful meadows framed by stone walls, you might discover «glacières», these natural cavities where the valley breeders used to ripen the cheese.

Park at the car park of the hamlet of Mollard on RD114 (Les Holmes). Enter the hamlet by crossing the Roizonne River. Take the right-hand side path between two farms, following *Lac du Rif Bruyant*. Keep on walking in the undergrowth until the arch bridge. Do not cross the bridge but climb up along the stream. At the 2nd bridge, cross the Rif Bruyant and turn left on the narrower trail going through the trees to get to the old hamlet.

Start :
Laval dens / La Valette

Altitude climb + : 350 m

Outward walk : 1h00

Difficulty : easy

Map: Top 25 IGN 3336OT
La Mure - Valbonnais
Trail map
« La Matheysine »

Going further - For the good hikers, you can go up the enclosed valley of Rif Bruyant surrounded by joyful pastures up to the Lake of Rif Bruyant, nested in a rocky and pristine amphitheatre.



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TRAIL OF THE SEZIA

This is a hike in a beautiful and pristine valley with sunny vines leading to the discovery of past rural activities.

24

In a peaceful valley, between pristine river and sunny vines, the thematic trail of the Sézia immerses you in the rural history of the country through the remains of a windmill, of an old cabin, a barrel or a swing seat... Indulge in this place of yesteryear!

From the hamlet of *Pâques* : Follow *Le Four*, then *Sentier à theme de la Sézia*. Follow *Versanes*, *les Champines*, *l'Anglot*, *Pirou*, *Vignes du Clos*, *Fidèle*, *Moulin de Pirou* and walk back up towards *Les Champines* and *Pâques*.

From Quet en Beaumont : from *L'Eglise*, follow *Corps* via *Les Vignes des Combes*, *Fidèle*, *le Moulin de Pirou*, *Les Champines*, *L'Anglot*, *Pirou*, *Vignes du Clos*, *Fidèle*, *Vignes des Combes*, then return to the village.

✚ Start :
Les Côtes de Corps
(hameau de Pâques) ou
Quet en Beaumont

⚡ Altitude climb + :
230 m ou 370 m

🕒 Loop : 2h45 à 3h

📶 Difficulty : medium

🗺 Map: Top 25 IGN 3336OT
La Mure Valbonnais
Trail map
« La Matheysine »



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THE OBIOU

A climb for experienced hikers only, in steep and often aerial terrains, providing an access to a spectacular mountain show. It is recommended to take a guide.



Start :
Col de la Sambue (Pellafof)



Altitude climb + : 1315 m



Difficulty : very difficult
(only take this hike in good weather)



Climb : 4h00



Map: Top 25 IGN 3337OT
Dévoluy - Obiou - Pic de Bure

AROUND THE TAILLEFER (4 OR 7 DAYS)

This alpine but accessible hike is an invitation to travel out of time, between rural valleys and mountain villages, waterfalls and lakes, passes and high plateaux.



Start :
Alpe du Grand Serre



Altitude climb + : 2890 m
ou 3460m



Difficulty : difficult



Circuit : 4 ou 7 jours
Distance : 48 ou 76 km



Map: Top 25 IGN 33336 ETR Les deux Alpes Olan Muzelle
Top 25 IGN 3336OT La Mure Valbonnais

Trail map

« La Matheysine »

« Randonnées en Oisans »

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THE COIRO

Trails cut out of the rocky land, a pristine narrow valley: a variety of landscapes up to the summit with unforgettable views over the Ecrins, the Dévoluy and the Vercors.



✚ Start :
Le Pérrier

⚡ Altitude climb + : 1700 m

📶 Difficulty : very difficult

🕒 Climb : 5h00



Map: Top 25 IGN 3336ETR Les deux
Alpes Olan Muzelle ou
Top 25 IGN 3336OT La Mure Valbonnais
Trail map « La Matheysine »





© JP Nicollet

THE REFUGE OF FONT TURBAT

In the heart of the Massif of Ecrins, a deep pristine and glacier valley takes you to the end of world, to discover a high mountains mineral world.



Map: Top 25 IGN 3336ETR Les deux
Alpes Olan Muzelle
Trail map « La Matheysine »

28



Start :
Le Désert-en-Valjouffrey



Altitude climb + : 900 m



Difficulty : quite difficult



Climb : 4h00

COL DE L'AUP

This is a forest trail, which becomes aerial along gullies, joining with alpine pastures with beautiful views over the summits of the Dévoluy, as well as over the Plateau of Pellafol and the Lake of Sautet.



Map: Top 25 IGN 3337OT Dévoluy - Obiou - Pic de Bure
Trail map
« La Matheysine »

29



Start :
Car park of Gillardes
(Monestier d'Ambel)



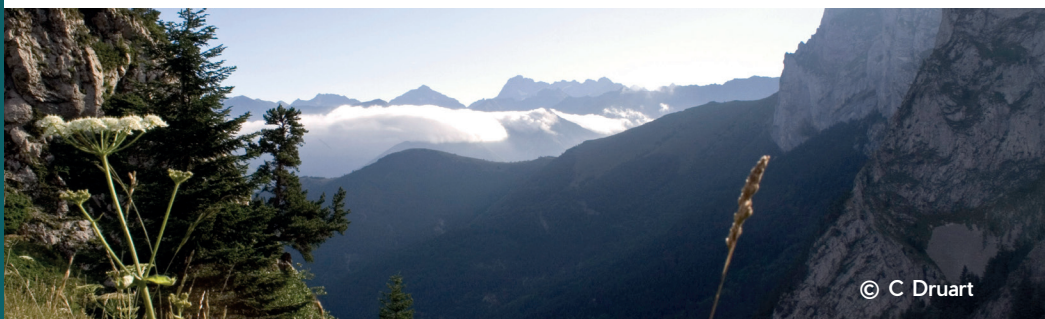
Altitude climb + : 800 m



Difficulty : difficult



Climb : 2h30









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JAS DES AGNEAUX AND TETE DU VET

An aerial hike in the heart of the National Park of the Ecrins up to a breathtaking lookout point facing the Domes of the Colombier and Gargas and the steep faces of the Coiro and the Armet.



 Map: Top 25 IGN 3336 ETR Les deux Alpes Olan Muzelle
Trail map
« La Matheysine »





 Start : Entraigues
Altitude climb + :  1080 m pour le Jas des Agneaux / 1360 m for la Tête du Vet
 **Difficulty : difficult**
 Montée : 3h for le Jas des Agneaux / 4h for le Vet

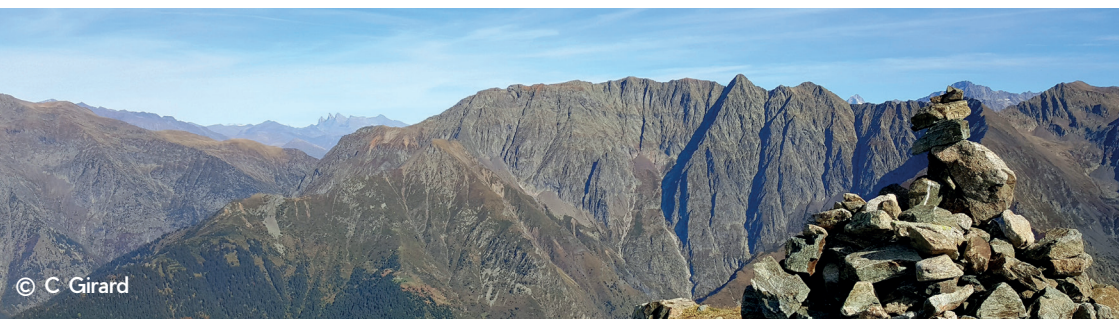
THE TABOR FROM THE PASS OF MALISSOL

A long walk on a trail going through crests, alpine pasture forests, up to a rocky ridge and its magnificent views over the massifs of Taillefer and Grand Armet, Vercors and Obiou.



 Map: Top 25 IGN 3336OT La Mure Valbonnais
Trail map
« La Matheysine »

 Start : Col de Malissol (Nantes en Ratier)
Altitude climb + :  1200 m
 **Difficulty : difficult**
 Climb : 4h (option to follow a look via St Honoré 1500 and Les Bruyères)



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